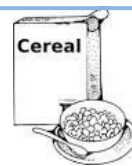


# Child and Adult Care Food Program



## FOOD CHART INFANT MEAL PATTERN



Ages

Birth – 3 months

4 – 7 months

8 – 11 months

### Breakfast

Fluid Milk or Breast milk	4 - 6 fl oz.	4 - 8 fl oz.	6 - 8 fl oz.
Iron Fortified Infant Cereal	---	0 - 3 Tbsp.	2 - 4 Tbsp.
Fruit/Vegetable	---	---	1-4 Tbsp.

### Lunch/Supper

Fluid Milk or Breast milk	4 - 6 fl oz.	4 - 8 fl oz.	6 - 8 fl oz.
Iron Fortified Infant Cereal	---	0 - 3 Tbsp.	2 - 4 Tbsp.
Fruit/Vegetable	---	0 - 3 Tbsp.	1-4 Tbsp.
Meat, Fish, Poultry, Egg, Cooked dry beans or Peas	---	---	1 - 4 Tbsp.
Cheese	---	---	½ - 2 oz.
Cottage Cheese	---	---	1 - 4 oz. (volume)
Cheese food/spread	---	---	1 - 4 oz. (weight)

### Snack

Fluid Milk or Breast milk	4 - 6 fl oz.	4 - 8 fl oz.	2 - 4 fl oz.
Fruit Juice	---	---	2 - 4 fl oz.
Bread	---	---	0 - ½ serving
Crackers	---	---	0 - 2 Tbsp.

#### Notes:

1. Infant formula and dry infant cereal MUST be iron-fortified.
2. Breast milk or formula, or portions of both, may be served; however, breast milk is recommended.
3. A serving of fruit/vegetable, bread, cereal, or crackers is required when the infant is developmentally ready to accept it.
4. Fruit juice MUST be full strength.
5. A serving of bread or crackers MUST be made with whole-grain or enriched meal or flour.